

SELF-HELP MANUALS

Reaching Across: Mental Health Clients Helping Each Other, Edited by Sally Zinman, Howie T. Harp, Sue Budd, 1987.

A manual developed by the Self-Help Committee of the California Network of Mental Health Clients on how to start and further develop self-help groups. This manual represents the accumulative and collective wisdom of a movement. It explores the unique way in which clients help each other. It is a learning aid for mental health clients wherever they are. It is an invaluable resource for people who are just starting new groups as well as those who want to develop existing organizations.

Cost: Donation plus postage

Reaching Across II: Maintaining Our Roots/The Challenge of Growth.
Edited by Sally Zinman and Howie T. Harp, 1994.

A continuation of Reaching Across 1, emphasizing the maintenance of self-help programs, by providing technical assistance on fund raising, personnel policies, and general administrative and management issues. The nitty gritty of running an agency and maintaining the self-help philosophy.

Cost: \$10.00 plus postage for mental health clients
\$20.00 plus postage for all others.

**Contact the California Network of Mental Health Clients at 1-800-626-7447
or e-mail at main@californiaclients.org**